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YOU LIKELY DIDN'T SEE THIS ONE COMING, WE'RE GUESSING. PAGE 16

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Super. After a successful visit from Pope Francis and the World Meeting of Families, is Philly ready to host the big game? PAGE 02

PHOTO ILLUSTRATION BY BILLY BECERRA

Man gets manicure, then robs nail salon

PAGE 05

Get cozy for fall with these home decor tips

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Training camp brings optimism to Sixers

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On the go

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After pope, is Philly ready for a Super Bowl?

Big time. Compared to a papal visit, Philly might be able to manage a Super Bowl.

Philly handled the pope.

Could it handle the Super Bowl?

"Technically this was equivalent to three or four Super Bowls," said Visit Philadelphia President and CEO Meryl Levitz.

After months of hand-wringing, the folks who work to lure businesses, tourists and events to Philadelphia are walking a bit taller after a mostly successful — or at least disaster-free — papal visit.

But looming over that confidence is the question of how to build on that success.

Mayor Michael Nutter has said that a successful papal visit could lead to other big events for the city, and he has credited Philadelphia's selection as the host city for the World Meeting of Families as helping to lure the Democratic National Convention in 2016.

In terms of complexity, the Francis visit was bigger than a national political convention or a Super Bowl. All of them are categorized as National Special Security Events by the U.S. Secret Service, which plans security for them. The Secret Service has said the papal visit was the biggest it has ever handled.

Eagles owner Jeffrey Lurie said the same thing last year after New Jersey's MetLife Stadium became the first non-dome, cold-weather location for a Super Bowl.

"There's no reason that Philadelphia — with all its facilities, hotel rooms, venues for big events — couldn't handle it and do a great, great job. If the league wants to go there, we'll be ready and willing," Lurie told Comcast SportsNet.

Metro sports columnist and 94 WIP host Glen Macnow said that Philly could do it no problem, but landing it would be an uphill battle.

"I think it's unlikely the NFL will again risk a northern Super Bowl outside a dome anytime soon, but we're sure equipped to handle it. A lot better than a second-rate burgh like Jacksonville, by the way," Macnow said.

A Super Bowl could be Philly's to host / GETTY IMAGES

Quoted

"Technically this was equivalent to three or four Super Bowls."
Levitz

Whether it would want to is another open question.

Levitz said luring a Super Bowl requires a whole different level of decision-making and planning.

When Minneapolis was in the running to host a Super Bowl, reporters for the Star-Tribune got their hands on the document that spelled out exactly what the league expected from host cities.

The league required three golf courses it could use to host a charity golf outing, and two bowling alleys. Cellphone coverage near team hotels would have to get upgraded. The league demanded 100 percent of ticket sale revenue — including for suites and club boxes, and the host committee was required to seek tax breaks on ticket sales. The good news? The host committee, under the contract, could buy up to 750 tickets.

Cops, too, would be pressed into action. The league wanted local police forces to provide officers to do anti-counterfeit squads.

We'd also have to wait awhile. Super Bowl locations are mapped out until 2020.

"American football is American business," Levitz said. "That's a higher level of spending. These people who were here were not big spenders. They were pilgrims with a purpose."

DAN KELLEY
@MetroPhilly
dan.kelley@metro.us

Three weekends. Open Streets Philly wants to go car-free

The streets of Philadelphia, without cars / MATTHEW LEISTER

Inspired by the massive street closures during the papal visit, some Philly residents are saying, "Let's do it again."

A new Facebook group called "Open Streets Philly," which started Monday night, had more than 2,000 members by Tuesday morning.

"I have a 1-year-old daughter," said Jake Liefer, one of the organizers. "This was the first time I got to take her on a bike ride."

The group doesn't envision closing all of Center City, and the interstates along with it. They hope to do it for three weekends in the summer.

The "Open Streets" idea is something of a movement in urban planning circles, and the idea isn't as far-fetched as it sounds.

Most are modeled on "Ciclovia" in Bogota, Colombia, which closes streets to car traffic every Sunday. Car-centric Los Angeles plans to close about six miles of streets in October.

Democratic mayoral nominee Jim Kenney has also expressed support for the idea, but his spokeswoman, Lauren Hitt, said he's still looking for feedback from residents and businesses about the impact.

Liefer acknowledged concerns that some businesses suffered during the papal visit, but he said some of the downturn stemmed from factors that went well beyond closed streets — such as stepped up security. DAN KELLEY

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Delaware Valley University will host "Land and the American Dream," a Precarious Alliance sustainability symposium, Oct. 14 through Oct. 16 on its main campus in Doylestown, Pennsylvania. The symposium will bring people from a variety of fields together to examine how The American Dream has contributed to economic, social and environmental concerns, and explore solutions that can promote a more sustainable American Dream.

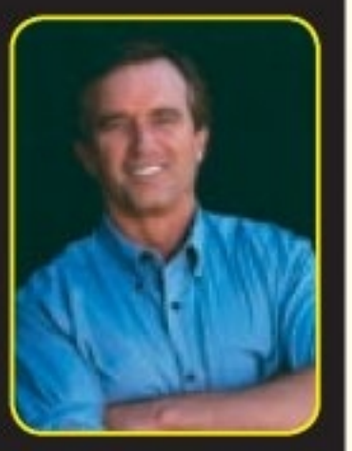
"As Americans, we tend to take the land for granted," said Dr. Michael Stamps, co-chair of The Precarious Alliance Steering Committee. "This event will challenge us to review our long-cherished concept of The American Dream, remember its past realities and re-imagine its future possibilities."

"Land and the American Dream" is the fourth symposium in DelVal's Precarious Alliance series, which focuses on challenges associated with adapting human networks to address environmental degradation, economic instability and social inequalities.

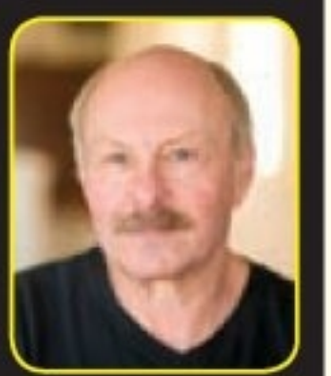
Program will include: speakers, panels, presentations, film screenings, workshops, a photography exhibition, information tables, food trucks and musicians for guests.

KEYNOTE SPEAKERS

ROBERT F. KENNEDY JR.,,an environmental activist and lawyer will be one of the keynote speakers. Kennedy was named one of TIME Magazine's "Heroes for the Planet" for his success helping Riverkeeper, a member-supported watchdog organization, lead the fight to restore the Hudson River.



JAMES HOWARD KUNSTLER, is a novelist and journalist, who writes about American architecture and landscapes. Kunstler is the author of several books including, "The Geography of Nowhere: The Rise and Decline of America's Man-made Landscape," which launched him into the spotlight as a commentator on America's built environment.



About the Precarious Alliance Series

The Precarious Alliance series is about bringing people from all sides of the issues together to explore complex challenges associated with adapting human networks to address environmental degradation, economic instability and social inequalities. The series was created by DelVal President Dr. Joseph S. Brosnan as a forum for the exchange of cross-disciplinary perspectives, civil dialogue, innovative thinking and practical solutions. Previous symposia have focused on food (2010), water (2012) and energy (2014). Previous keynote speakers have included Marion Nestle, Maude Barlow and Bill McKibben.

Local 32BJ

Union janitors plan rally for thousands in Center City Wednesday

Organizers say that between 2,000 and 3,000 unionized office cleaners will rally in Center City on Wednesday.

The rally will begin on the 2100 block of Chestnut Street, where about a dozen unionized workers were fired after the building was sold.

Greystar, the property management firm that took over the building and hired nonunion janitors, did not immediately return a call for comment.

The firings have created a rallying point among unionized workers in the service sector in Philadelphia, where the union's contract expires Oct. 3.

Contracts for 75,000 property management workers up and down the East Coast are set to expire.

The workers will march from 21st and Chestnut to Love Park.

By the numbers

75K

Number of property management workers up and down the East Coast whose contracts are set to expire.

Democratic mayoral nominee Jim Kenney is expected to make an appearance. **DAN KELLEY**

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A SEPTA passenger / CHARLES MOSTOLLER, METRO

SEPTA youth panel wants big discounts for college students

Fare plan. Transit agency says it's interested.

The panel that advises SEPTA on youth issues is trying to build support for a program that would offer big discounts to college students.

University of Pennsylvania senior Jeff Kessler, who is chairman of the transit agency's Youth Advisory Commission, says that although SEPTA doesn't make budget decisions until April, he wants to build a critical mass of support now.

The program, which would allow students to use student IDs to pay bus, trolley or train fare, could provide a cash windfall for SEPTA, he says.

Under the plan, universities would tack on a $30 to $50 fee to a student's tuition. They would turn that money over to SEPTA, which would give the university a steep bulk discount on transit fares.

Students could get unlimited rides, but Kessler said that the transit agency would come out ahead because many students would use the program only sparingly.

"Particularly at Penn, students are using SEPTA, but not as frequently as other transportation alternatives," Kessler said. "The entire fare-paying process is foreign to them, especially if they aren't from an urban environment."

SEPTA CFO Richard Burnfield said that the transit agency has talked with schools about building these programs, but the devil is in the details.

"What works for Temple might not work for Villanova," Burnfield said, because those two schools are served by different transit lines with different fare structures.

Other cities have implemented similar plans, notably Boston, Miami and Pittsburgh. In Boston, some universities have balked at forking over piles of cash for something students may not use.

The YAC's Change.org petition so far has garnered about 250 signatures.

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The Ernest Opinion

ERNEST OWENS

AWARD-WINNING MULTIMEDIA JOURNALIST ERNEST OWENS IS A KEEN OBSERVER OF SOCIAL, LGBT AND RACE ISSUES IN PHILADELPHIA. FOLLOW HIM @MRERNESTOWENS

POPE GOES, MAYOR CAN LEAVE TOO

Personally, I've always liked Mayor Michael Nutter, but I have sometimes questioned his political priorities. Both of us are proud Penn alums, and I often admired how Nutter exuded a sense of immense intellect that was needed to strengthen Philly's positioning as a first-class city.

We aren't there yet — but for better or worse — you have to admit he's gotten us closer to victory than former Mayor John Street ever did.

Yet, Nutter's methods in promoting our town have caused a rightful sense of chagrin in Philadelphians — the papal visit was the ultimate nail in the coffin.

Now that Pope Francis is back at the Vatican — we can admit that his visit did nothing for this city except give locals who stayed an urbanist experience and the religious a holy fest.

It didn't bring in that alleged $500 million economic boost, nor did it make pilgrims interested in touring Philly as a whole. Ask any major restaurant owner, including Stephen Starr, who owns a string of upscale restaurants, and they will agree that they hadn't seen such dismal sales "since Hurricane Sandy."

Except only this time 1.5 million people were expected to show up and eat and shop, but that didn't actually happen. These tourists wanted to see the pope — not Philly. And our city once again became the laughing-stock of the country.

And how does our mayor respond? Like every pouty politician that needs a scapegoat: He blamed the media. We apparently "scared the sh–t" out of locals, according to him.

Nutter, it's time to come clean. Wasn't it your early cautionary rhetoric of how we would be "walking miles" during the papal visit that did the trick? For starters, contracts between the World Meeting of Families and the city on whether we were going to fork the bill didn't come out until days before the pope's arrival. The exodus-causing fear tactics of packed hotel rooms, excessive towing, fines, and special travel passes turned locals off.

And admit it Nutter, you wanted it that way.

Because I bet no one in that administration had a clue exactly how many people in the city were going to be attending and someone had to leave. So what better place to start than with disgruntled residents who know nothing about large-scale global events?

In retrospect, if the papal visit was meant to be for locals as well — how else would you have been able to manage those additional estimated 1.5 million guests? There would have been complete madness and Nutter feared the embarrassment.

He would rather muster a lackluster occasion than preside over a Philly catastrophe. So I'm almost certain that it was in his best interest to purposely be inconsistent with relaying details because he really didn't want us Philadelphians there.

That's what elite crowd control looks like — a strategy that often makes people despise you. But really, it shouldn't be your own constituents who wind up disliking you. You know, the ones that elected you to office.

The pope is gone and Mayor Nutter can go with him. It's seriously time for new leadership. It's been great, Nutter, but I need our next mayor to actually put the locals first.

Nail gun

Guy gets manicure, then robs nail salon with sawed-off shotgun

Philadelphia police are hunting for a robber who appreciates the finer things in life — a man who got a manicure before robbing the nail salon at gunpoint.

The incident happened at Rockland Nail on the 1300 block of Rockland Street in the city's Logan section on Sunday.

The suspect walked in at 5:50 p.m. Video surveillance footage shows him getting his nails done.

When the nail tech told him how much the service cost, the suspect whipped out a gun — believed to be a sawed-off shotgun and demanded money, police said.

A few of the salon's workers can be seen ducking for cover at the sight of the gun — no injuries were reported and no shots were fired, according to cops.

He cleaned out the cash drawers and fled on food.

He is described as a black man, 30 to 40, stocky, medium complexion.

At the time he was wearing a gray hoodie and a dark baseball hat, police said.

DAN KELLEY

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Protection

Obama praises Secret Service handling of pope, foreign leader visits

President Barack Obama praised the U.S. Secret Service for its work over the past week, which included visits to the White House by Pope Francis and Chinese President Xi Jinping as well as the United Nations General Assembly meeting in New York.

Speaking to reporters after returning from New York, Obama said the Secret Service had done its job protecting him, the public and foreign dignitaries last week "flawlessly."

"They all deserve a huge round of applause for being such great hosts and keeping everybody safe," the president said, offering praise to an agency that faced sharp criticism last year for a string of security breaches.

In an incident last September, a man jumped the White House fence and entered the front door carrying a knife. Just days before that, a security contractor with a gun got on an elevator with the president during a trip to Atlanta.

Secret Service Director Julia Pierson resigned under pressure from Congress several weeks after the fence-jumping incident and was replaced by Joseph Clancy, the former head of Obama's protective detail, who came out of retirement to accept the post. REUTERS

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Planned Parenthood President Cecile Richards / TWITTER

Republicans and Planned Parenthood square off

Congress. Democrats on the panel defended the group and questioned Republicans' motives.

Funds

$500M

Planned Parenthood gets about $500 million annually in federal funds, largely in Medicaid reimbursements.

U.S. Congressional Republicans on Tuesday challenged Planned Parenthood's eligibility for federal funds, while the health organization's president said defunding it would restrict women's access to care and disproportionately hurt low-income patients.

A series of videos that purports to show that Planned Parenthood improperly sells fetal tissue to researchers for profit has reignited anti-abortion voters' fervor during a turbulent Republican presidential primary campaign.

At a House committee hearing, Planned Parenthood President Cecile Richards appeared alone to respond to hostile questioning from Republicans, some of whom have vowed to shut down the U.S. government if federal support for the group is not cut off.

"As far as I can tell ... this is an organization that doesn't need federal subsidy," House Oversight Committee Chairman Jason Chaffetz said at the start of the more than five-hour hearing.

Chaffetz, a Republican from Utah, said Planned Parenthood's $127 million in profit last year showed the organization could survive without federal funds. He also accused the group of lavishly spending on travel, hosting "blow-out parties" and paying "exorbitant salaries."

"We don't make any profit off federal money," Richards responded. She also said Planned Parenthood did not use those funds for abortions, which comprise 3 percent of its services, or for fetal tissue donations, which are done by 1 percent of the clinics.

Republican Representative Mick Mulvaney of South Carolina said he believed Planned Parenthood could have served the same number of patients last year even without government funding. REUTERS

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2013 Ford Edge Limited

$500 Down

$267/Month
2005 Lexus RX 330 AWD

$322/Month
2010 Lexus ES 350

$299/Month
2013 Hyundai Genesis

$312/Month
2014 Kia Optima LX

$298/Month
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$315/Month
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Tax dollars herd at work in New York

Eat their fill. Goats were placed in fenced areas under the Walkway Over the Hudson for vegetation control.

A living, breathing lawn mower / PROVIDED

The idea at first sounded like a joke: Replace people with goats to do manual labor.

But no one at the New York State Bridge Authority is laughing after an experimental project in which goats were used for vegetation control in hard-to-reach areas under the Walkway Over The Hudson saved thousands of dollars.

"The goats did an outstanding job clearing poison ivy, sumac and pretty much everything else they could reach," said Bridge Authority Executive Director Joseph Ruggiero in a post to the agency's Facebook page. "We're very pleased with the results and are planning new projects for next year."

After 10 weeks of hard work and "very full stomachs," the project was declared a success.

A dozen goats from Green Goats, a Rhinebeck, New York, company owned by Ann and Larry Cihanek, started in July by making a home for themselves in fenced areas under the bridge, which spans the Hudson between Poughkeepsie and Highland. "As they cleared one section under the bridge, they were moved to new areas to continue eating their way through Poughkeepsie," according to the Authority.

"Not only did we save money by contracting the goats, they made the job of clearing stalks and fixing our fences a lot easier for our summer crews," said Authority Chairman Richard A. Gerentine. "What started as a suggestion from a staff member, maybe a little in jest, turned into a well-run project for the Authority."

The Authority spent $10,440 to contract the goats, about half of what it cost for similar work in past years with summer maintenance crews. The way goats eat vegetation will also help with long-lasting weed control.

The goats not only cleaned the area below the walkway, but also entertained locals who would regularly stop by to see them at work. Residents even helped nab one that escaped through a gap in the fence one time.

The use of the animals this summer was also particularly significant for Green Goats after a tragic barn fire in February left 100 goats dead. Thanks to the community and public donations, Green Goats once again has a full herd and recently started building a new barn to house the goats over the winter.

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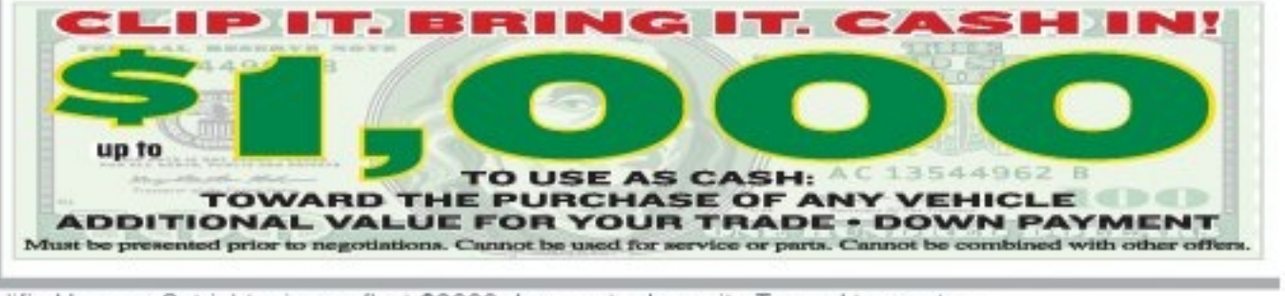
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Project SLEEP

Ralph Lauren founder steps down as CEO

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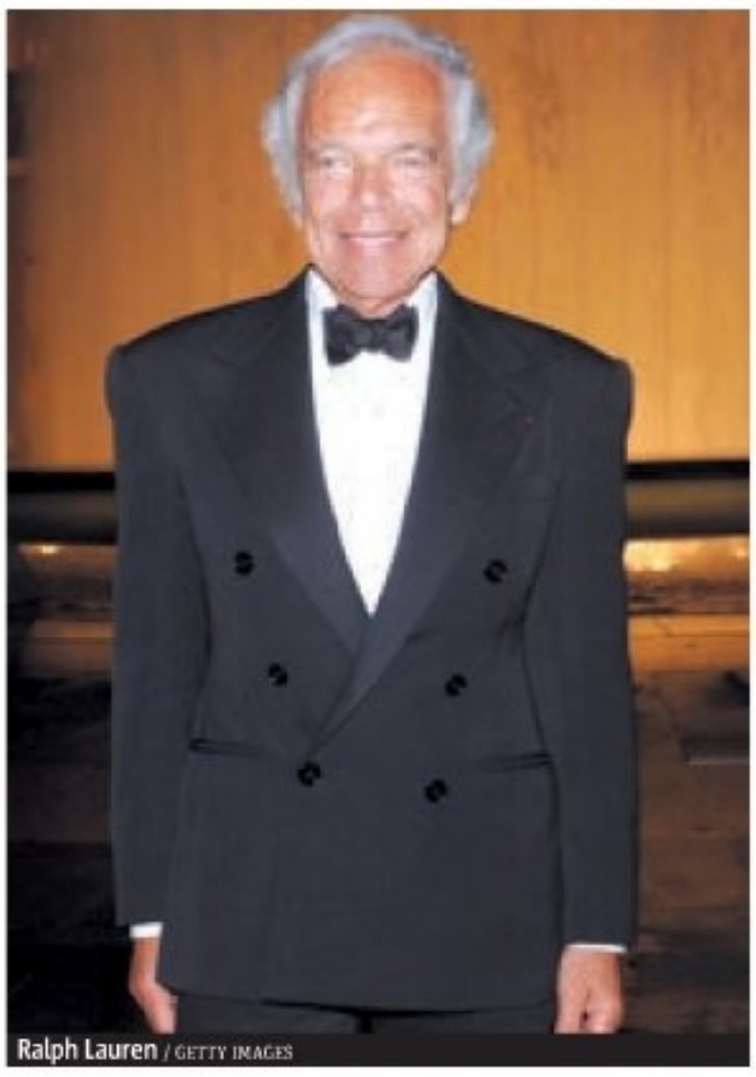
The brands include Polo and Denim & Supply as well as accessories, furniture, home decor items and footwear.


Ralph Lauren / GETTY IMAGES

Designer Ralph Lauren, who built a fashion powerhouse on luxury designs inspired by country club chic, announced Tuesday he is stepping down as chief executive officer and named the head of Gap Inc.'s populist Old Navy brand to the position.

Ralph Lauren Corp. hired Stefan Larsson, the global president of Gap's Old Navy division, as CEO of Ralph Lauren Corp., the company 76-year-old Lauren founded in 1967.

Lauren will continue to serve as executive chairman and head its design team, the company said in a statement.

Larsson, who will join Ralph Lauren and its board in November, is credited with reviving sales at the Old Navy division, successfully implementing a model of offering trendy clothes at low prices.

Annual sales at the business rose 8 percent in 2014 and became Gap's biggest business. Sales for the division were $6.62 billion, or 40.3 percent of Gap's total.

Polo by Ralph Lauren
GETTY IMAGES

Born Ralph Lifshitz in the Bronx in 1939, Lauren's parents were Jewish immigrants from Belarus, and he changed his name to Lauren at age 16.

The company also said that Jackwyn Nemerov, chief operating officer, would retire in November, at which time she will become an adviser to the company.
REUTERS

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Five things you

1 Pentagon says US needs to beef up ability to deter cyberattacks

The U.S. military needs to improve its ability to deter attacks on its computer networks, and is working to make them more costly for U.S. adversaries, top U.S. military and intelligence officials told a Senate hearing on Tuesday.

"We are not where we need to be in our deterrent posture," U.S. Deputy Defense Secretary Robert Work told the Senate Armed Services Committee.

James Clapper, director of national intelligence, told the committee that cyberthreats to the U.S. national and economic security were increasing in frequency, scale, sophistication and severity of impact, both by countries such as Russia, China, Iran and North Korea as well as nonstate actors.

"Such malicious cyberactivity will continue and probably accelerate until we establish and demonstrate the capability to deter malicious state-sponsored cyberactivity," he said. Establishing a credible deterrent requires agreement on norms of cyberbehavior by the international community, he said.

He said the current environment was like "the Wild West," and one key question was whether to put limits on spying activity that did not exist during the Cold War. REUTERS

GETTY IMAGES

2 Trump backs Russia, Iran efforts to fight Islamic State

Donald Trump said he supported Russian efforts to fight Islamic State militants in the Middle East, including Syria.

Asked whether he backed those like Russia who supported Syrian President Bashar al Assad or those who see him as the source of Syria's current crisis, Trump told NBC's "Today" program: "I side with the group that says, 'if Russia wants to go and fight ISIS, you should let them', as opposed to saying, 'we're jealous, we don't want you to do that.'"

Trump said the United States should support those who want to destroy the militant group. REUTERS

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need to know

Brown is latest university to revoke honorary Cosby degree

Brown University has revoked the honorary doctorate it awarded to Bill Cosby as the comedian and actor faces allegations that he sexually assaulted more than 40 women.

Brown becomes the third U.S. university in the past week to revoke honorary degrees to Cosby.

The move follows similar decisions by New York's Fordham University and Milwaukee's Marquette University. REUTERS

Baltimore judge sets first police trial in Gray death for Nov. 30

A Baltimore judge on Tuesday set individual trial dates for six police officers charged in the death of a black man from an injury in police custody, with the first trial to start on Nov. 30.

Officer William Porter will be the first officer to be tried for the April death of Freddie Gray under the scheduling decision by Baltimore City Circuit Court Judge Barry Williams. REUTERS

Snowden draws crowd with Twitter debut

Edward Snowden has come in from the cold — on Twitter.

Snowden, a former National Security Agency contractor who leaked details about the U.S. government's massive surveillance programs, started a Twitter account on Tuesday from exile in Russia with a simple handle — @snowden.

He pulled in more than 171,000 followers in about an hour but was following only one other Twitter account: his former employer, the NSA. REUTERS

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Re/code. Twitter looking beyond 140 characters with new product

Twitter is finally waking up to the idea that some things just cannot be summed up in 140 characters.

The micro-blogging website operator is working on a new product that will allow users to share tweets longer than 140 characters, technology website Re/code reported on Tuesday.

The company's executives are also discussing changes to how the character limit is measured, such as excluding links and user handles from the count, the website reported, citing people familiar with the matter.

The move comes at a time when Twitter, under the stewardship of co-founder Jack Dorsey, is working hard to rekindle user growth. Twitter's second-quarter monthly average users grew at the slowest pace since the company went public in 2013.

Several users and designers have expressed concerns as to whether Twitter should ditch its signature character limit to better compete with Facebook, where there is no limit on the length of the posts.

It's unclear what Twitter's new product will look like, Re/code said.

A Twitter spokeswoman declined to comment.

The company has been working on ways to make its service easier to use and entice people to spend more time with it.

It has already removed the 140-character limit from its direct messages and announced plans to let users buy goods and make political donations through tweets. REUTERS

Increasing the character limit has been discussed at Twitter for years, more so in recent months under Dorsey, sources said. / GETTY IMAGES

US District Judge

Russian sentenced to four-and-a-half years in US prison for 'Citadel' malware

A Russian national was sentenced on Tuesday to four and a half years in U.S. prison for using sophisticated malware known as "Citadel" to try to steal banking information from thousands of computers, authorities said.

Dimitry Belorossov, 22, of St. Petersburg, had pleaded guilty in July 2014 to one count of conspiring to commit computer fraud for his role in a $500 million global cybercrime scheme that infected more than 11 million computers worldwide.

U.S. District Judge Thomas Thrash in Atlanta imposed the sentence, which also requires Belorossov to pay more than $320,000 in restitution.

Belorossov's defense lawyer did not immediately respond to a request for comment.

Citadel, which first appeared in 2011, was designed to capture banking and credit card information from computers and had the ability to block antivirus software.

Criminals installed the malware through malicious attachments contained in spam emails and other means. Belorossov, who used the online alias "Rainerfox," downloaded one version of Citadel in 2012 and eventually gained access to more than 7,000 computer systems, U.S. authorities said. REUTERS

Software

Microsoft turns spotlight on cloud, mobile with new reporting style

Microsoft Corp joined Amazon.com Inc. and Intel Corp in tweaking the way it reports results, a move that will help the software giant show off its growing cloud and mobile businesses.

Since taking over as chief in early 2014, Satya Nadella has led Microsoft's efforts to focus on software and cloud services as demand for its Windows operating system slows.

The company, which is in the process of restructuring its phone business and streamlining operations, has been pumping the resulting savings into its cloud business and Windows 10. REUTERS

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How to pick a family insurance policy

Family finances.
Experts share their tips on picking the health plan that's best for your kids.

Our expert says make sure your insurance policy covers trips to the emergency room.
ISTOCK

When a health insurance policy has to cover kids, coverage gets a whole lot more complicated. Plans just keep changing as health care law changes and costs keep rising — up 4.2 percent for 2016, according to benefit consultant Mercer.

"Now it's a lot more difficult because of network issues and deductibles," says Kathy Paez of the nonpartisan American Institutes for Research.

Making the decision even harder is today's complicated family life. Do you choose a plan from one of the parents? One of the stepparents? Instead of two plans, a family could have four options, all with different costs and benefits. Here are three of the top considerations:

Monthly premium

Look first at the monthly cost, which typically starts at about $90 for the employee alone because of rules under the Affordable Care Act. That figure should give you an indication of the generosity of the employer, says Mercer senior partner Tracy Watts. A $45-a-month plan, for example, would be heavily subsidized.

Also consider pricing tiers, which may include employee plus spouse and employee plus family. If an employer offers a tier for employee plus children (versus employee plus family, which would include an eligible spouse), that is an indication that it is trying to give you a cost break, Watts says.

Deductibles and out-of-pocket maximums

The next numbers to run depend on your family's individual needs and can help you decide if a high- or low-deductible plan is best. One plan may charge a fixed fee such as $20 for office visits, while another may charge 20 percent. One plan may charge $10 for your child's medication, but it could be $50 on another.

"If you have a kid with health care needs you can identify, that's great," says Karen Pollitz, senior policy fellow at the Kaiser Family Foundation, but she cautioned against forgetting about emergencies. "I can't tell you how many days we spent in the ER. You just don't know."

Doctor network

Just as important as cost is quality, which means seeing the doctors you want to see. "I look for my pediatrician, and that's the plan that my family needs to be in," says Karen Frost, who leads health strategy and solutions for Aon Hewitt.

For example, divorced parents who live in different areas, or if a child is away at college, must carefully consider their out-of-network and emergency options. Most experts caution against putting the kids on two plans, with one parent as a primary policyholder and the other as a secondary.

Also, today's health insurers do not provide the same sort of coordination of benefits available years ago, when you could use the secondary insurance to cover a deductible or co-pay, and end up with no out-of-pocket costs. "For most plans today, coordination of benefits says if you have primary coverage, that's it," says Mercer's Watts. "There's not a benefit to having double coverage."

REUTERS

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CULTURE

Twitter feed

Today, Mark Ruffalo is feeling endorsement-friendly, Niall Horan has One Direction news, Patton Oswalt is trying to be optimistic and Anna Faris is diversifying .

@MarkRuffalo:
Don't usually plug products but my kids love tuna. Safe Catch Tuna — The Lowest Mercury of Any Brand

@NiallOfficial:
Album is mastered and ready to go .... can't wait for you to hear it

@pattonoswalt:
The great thing about the discovery of liquid water on Mars is maybe it'll humble us spiritually & help us to evolvB-WAH! Just kidding...

@AnnaKFaris:
I know it's lame, but I'm starting a podcast

Wait, who is Nick Jonas supposedly dating now?

Is Nick Jonas off the market?/ ALL PHOTOS GETTY IMAGES

Instead of pondering why there's a constant fixation on Nick Jonas' love life, let's check in on the latest subject of speculation: none other than Kate Hudson. Yes, you read that right. Jonas' current tour brought him to Florida this past weekend, where he was spotted hitting up Disney World with Hudson by his side one day, then enjoying a nice brunch at a private club in Miami with her the next, according to TMZ. Oh, and Hudson doesn't live in Florida. Just saying. "The buzz around the property is that they were acting like a couple," a source says. "They were definitely there together. They made an effort to keep things under wraps, using the private pool for members that's harder for regular guests — and paparazzi — to get glimpses of." If this is in fact a thing, I'm all for it.

Justin Bieber spouts off on Jesus

Justin Bieber wants you to know he's a true Christian.

Justin Bieber has some thoughts to share on religion. I know, you were curious. And he's working some odd juxtapositions. For instance, he's not religious but totally Christian, if that makes any sense. "You don't need to go to church to be a Christian. If you go to Taco Bell, that doesn't make you a taco," Bieber tells Complex magazine, clearly misunderstanding the important work that Taco Bell does. "I just want to live like Jesus, not be Jesus," he adds. "He created a pretty awesome template of how to love people." Yes, Jesus was all about the templates.

Bieber also wants to make clear that he's much more mature now than when he went off the rails in Miami. "I got into a little bit of trouble — nothing that other 20-year-olds don't get into," he says "Now, being 21, I'm coming into my own. I'm not going to say I'm sorry for the things that I've done because it allows me to tell a story." Really? Because I feel like Jesus would be all about the apologizing.

Kate Winslet is pretty easy to shop for

Kate Winslet is all about that bone broth.

Kate Winslet is turning 40 next week, and she's only got one thing on her wish list. "I'd quite like a pressure cooker. I want to start making bone broths," she tells E! News. When asked by "Steve Jobs" co-star Michael Fassbender what exactly a bone broth consists of, Winslet drops some culinary science: "Taking a whole bunch of bones and putting them in a pressure cooker with lots of chopped-up leeks and onions and celery and all that stuff," she explains. "You boil it up for like 12 hours and it cures you of all ailments." All ailments! Fassbender has already called dibs on getting her the pressure cooker, so keep shopping.

THE WORD

Ned Ehrbar takes on the world of gossip.

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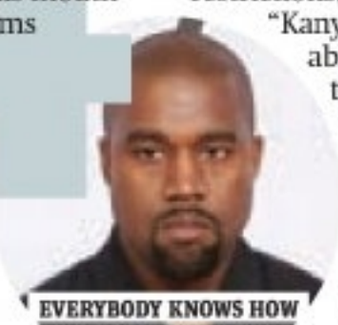
DNC thinks it can fence Kanye in



EVERYBODY KNOWS HOW MUCH KANYE WEST LIKES RESTRICTIONS.

Kanye West is going to have to watch his mouth when he performs at a Democratic National Committee fundraiser in San Francisco attended by President Obama next week. A report by the NY Post claims that West has been warned not to digress into one of his infamous quasi-political tangents. "There will be restrictions," a source says. "Kanye won't be able to lecture the president about how to run the country." Sheesh. That's like asking him not to breathe. Tickets for the event range from $250 to $10,000, according to the San Francisco Chronicle.

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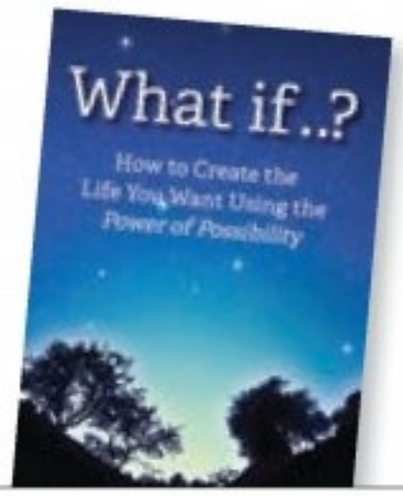
3 Small changes that will make over your life

Life hacks. Certified life coach, psychotherapist and Reiki Master teacher Martina E. Faulkner reveals how tweaking the way you think can have profound effects in her new book, "What if..?"

If you feel nothing in your life is going the way you want it to or planned, it's time to change your mindset. Martina E. Faulkner has made a career of helping people envision the life they want and then making it happen, and now she's bringing her tips to the masses in her new book, "What if..?" She shares some of those tips with us here.

Figure out what you really want

Sometimes, what you think you want isn't really what you want. "Some of my clients say they want to win the lottery," Faulkner says. "But then I ask them why they want to win the lottery. Is it because they're scared they won't have enough money to pay their bills? Is it because they want to travel?" Faulkner says once you get to the root of what you really want, you can start seeking out ways to make it happen, whether that's striving toward a higher-paying job or starting a new career that allows for traveling. It's a better bet than hoping you score that golden ticket.



If you go

Meet the author

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TheReikiSchool.com

Martina E. Faulkner is a certified life coach, psychotherapist and author of "What if..?" / PROVIDED

Focus on making small changes, not a huge one

If your goal is to become the CEO at work, that's great, but going from where you are to the very top can be overwhelming — so Faulkner says to start small. "Smaller, more manageable changes that we can create through manifesting is a good place to start," she advises in "What if..?" But while you are taking those more manageable steps, don't lose sight of your overall goal. "For long-term ideas, dream big! The imagination is a wonderful thing, so daydream," Faulkner says.

Prioritize the aspect of your life you want to change the most

While thinking about what you really want, visualizing it happening and taking actionable steps can change your whole life. Faulkner recommends focusing on one area and then letting the effects spill over into other areas of your life. "Prioritize where you really want to spend your energy and focus on that," she says. Once you start seeing the positive effects in that area, you can shift your focus to another area, applying the same principles.

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The hot list

The next mayor, a busy model, a TV reporter, a celebrated chef and a celebrity paparazzo break down the best of October's social scene in Philadelphia — plus little-known spots to get away from it all. **RACHEL VIGODA**

1 Jim Kenney

Mayoral candidate

• Reading Terminal Market: It's where tourists and locals from all over the city and every walk of life converge. It's worth it just to walk around, though I usually stop by the Famous 4th Street Cookie Stand.

• I grew up in a South Philly rowhome with six people and one bathroom, so when I needed a little space, I used to ride my banana bike down to fish at the Franklin Roosevelt Park — aka The Lakes — as a kid. I go back there every once in a while now.

• The Prodigal Son statue at the Pennsylvania Academy of Fine Arts: It's very difficult for marble statuary to invoke that much emotion. I tear up a little whenever I see it, which admittedly isn't hard, but there ya go.

• You can feel the history when you walk into the Palestra. It's such an iconic part of basketball. I also have a lot of good memories of watching Prep and Big 5 games there. I also watched my favorite high school team, Neumann Goretti, win two Catholic League championships there.

2 Luke Palladino

Chef/owner, Palladino's

• We're hard at work getting LP Steak at Valley Forge Casino Resort ready to open in the middle of October. As part of the launch, I'm excited to host the afterparty for the 17th annual Philadelphia Food, Wine and Spirits Festival on Oct. 17. It will be a chance to meet all of the Main Line's top foodies and cook for them in the new space.

• Back in Philadelphia, I look forward to my first fall season [at Palladino's] on East Passyunk Avenue. The Avenue is coming alive after the end of summer — and the neighborhood is such a tight community. I run into other chefs and owners in Chhaya Cafe over coffee, at Sweat Fitness working out, or picking out vegetables at the Fountain Farmers Market.

• Fall means football in our house. We try to get to as many games as possible to cheer on the Eagles.

• I love to support other chefs in the city. Zahav is one of my favorites; the food is always amazing and the service is hands down the best. Petruce has a great wine and spirits program by Timothy Kweeder. I'm also a huge fan of Tom Harkins and his cooking at Bank & Bourbon. When it comes to a date night with my fianceé Kristine, we like to escape to Townsend for a late-night snack after service. We're big supporters of chef Tod Wentz.

3 Jim Donovan

Consumer reporter, CBS 3

• Lights for the Cure holds a special place in my heart. For the 14th year, CBS 3 helps Susan G. Komen Philadelphia turn the city's skyline pink in honor of Breast Cancer Awareness Month. The private launch reception is Thursday. The public can participate by pledging to do at least one thing in October to help fight breast cancer. You can also go to CBSPhilly.com/cure and make a donation directly to Komen.

• For a great night of socializing and networking, I'll be headed to Our Night Out on Oct. 19. Philadelphia's largest LGBT monthly happy hour stops by a different hot spot every month. For October, the fun moves to the Ritz-Carlton.

• Fall theater is back and I am a huge supporter of the arts. One of my top picks is Inis Nua Theatre Co.'s production of "Hooked!" at Fergie's Pub [Oct. 7-25]. I've known Fergie for years and years, plus this dark and eerie Irish pub tale is perfect for Halloween season. Playwright Gillian Grattan is also flying in for opening night and a special talkback.

• One of my favorite restaurants is celebrating 20 years in business. Congratulations to the Continental in Old City. It's been my go-to spot for years.

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HughE Dillon

Photographer,
Philly Chit Chat blogger

• Opera on the Mall returns to Independence Mall with "La Travita" this Saturday. I love this free event — it brings together the city's top art and music lovers and mixes them with people that may not otherwise have been exposed to opera. I'll be on the lookout for familiar faces, but the real joy here is seeing people fall in love with the music for the first time.

• Whoopi Goldberg is coming to the Valley Forge Casino Resort on Oct. 10. I can't wait to hear her honest take on current events. I secretly hope she'll reveal some behind-the-scenes gossip from "The View" — Whoopi, please whisper in my ear. While there I'll be one of the first to dine at Luke Palladino's LP Steak, plus I'll be getting a sneak peek at The Vault bar that opens on Halloween weekend.

• Big Brothers and Big Sisters of Southeastern Pennsylvania is the hottest ticket on the charity circuit as they celebrate their 100th anniversary on Oct. 13. Marlon Wayans and Mo'ne Davis will help honor local celebs at the Kimmel Center, with surprise celebrity entertainment from Live Nation. Look for me in the crowd snapping away at the who's who.

• The stars are shining in South Jersey on Oct. 18 during the third annual Night of Wigs and Wishes at Lucien's Manor. Paula Abdul, Ruben Studdard, Cake Boss Buddy Valastro, Heather Thomson ("Real Housewives of New York City"), Tabatha Coffey ("Tabatha Takes Over") and Gayle Giacomo ("Jerseylicious") will raise money so women can get natural hair wigs and styling services when they are going through chemo. It's truly a beautiful night in more ways than one.

Cory Wade

"America's Next Top Model" finalist, singer, host

ALL PHOTOS PROVIDED

• Philly AIDS Thrift has been a great staple in our city for years! You can shop for crazy inexpensive vintage wear and support a great cause at the same time. On Saturday, definitely check out their 10th anniversary block party.

• Voyeur Nightclub: How could I not include the venue that I had some of my first and most memorable experiences performing in drag at? Voyeur was great back then but it has significantly improved over the years. After going through a complete interior redesign, this magical place is as fierce as ever.

• Last October, I hosted Philadelphia's first ever open-air runway show in the South Street Headhouse District, right under the Shambles at Second and Lombard. The show featured some amazing looks from local designer boutiques and salons. After receiving rave reviews we are set to put on another show Oct. 14. Come join me at Fashion Under The Shambles.

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He's ready to play the game

Interview. Philip Winchester is trying to be an action star with a heart on "The Player."

Catch "The Player" Thursdays at 10 p.m. on NBC. / COLLEEN HAYES

Alex Kane is a man on the move. The former government agent has gotten tangled up with an all-powerful gambling group in Las Vegas that's betting on whether or not he can solve crimes before they're committed. And while he's at it, he's trying to figure out what happened to his ex. It's a lot for one guy to manage, and Philip Winchester, who brings him to sprinting, fighting life on "The Player," says it's important to him to keep Alex human, despite all of his high-flying adventures.

How does Alex respond to being in this situation?
For Alex, because he has this history of violence and this history of not particularly appreciating bureaucracy or red tape or following the rules — when he gets given the opportunity to tap into that part of his addiction again and use that to find someone near and dear to him, I think he feels 100 percent justified in doing that. He needs these people to seek out the person he lost. And it also taps into this brokenness. It taps into this side of him that is all about doing things on his own and cutting out the middleman.

MARK DAVIS

Will we see Alex fail?
We certainly will. That was one of the things that intrigued me about the show. We can't just have this guy who's kicking ass all the time, in superhero blue. … When he punches someone, it hurts. When he has to make a decision about going into a situation that's life or death, it always comes with that sort of tongue-in-cheek, "let's give it our best shot" kind of a thing.

Your last show, "Strike Back," was also pretty action-heavy. What do you like about the genre?
On the very base level, there's the adrenaline and the taste of it. I just enjoy the process of making something look as dangerous as possible but knowing that everyone's got your back. It's a real neat team collaboration. You get your stunt guys involved, you get your riggers, you get your special effects guys and everyone's collaborating on making this look as badass and dangerous as possible, and hopefully, you're walking away from it. On that level, there's the adrenaline and the teamwork that I really enjoy. And character-wise, it's a really challenging thing to do these things, to carry them off, and then walk into a dramatic scene and be truthful.

Between this and "Blindspot," NBC seems to have a trend of making their new stars open their shows naked. Is this some kind of hazing ritual?
Yeah, Jaimie Alexander and I had the same contract.

LISA WEIDENFELD
@LisaWeidenfeld
lisa.weidenfeld@metro.us

One more thing

Action sequence

The pilot has a scene where you're sprinting naked through the streets. Did you really film in Las Vegas, naked?
We did film in Vegas, and I wasn't naked — I had my boxers on. But yeah, it was me in my boxer shorts running through Fremont Street. What was funny was nobody batted an eye. I think they thought it was a normal part of being in Vegas. It was just a guy, holding a gun, running down the street in his boxer shorts.

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TV watch list

We're excited thinking about the Cookie smackdown that is clearly about to happen in this scene with these misbehaving youngsters. / CHUCK HODES

DRAMA

'Empire'

After all the shenanigans over the record label last week, Cookie and company decide it's time to regroup and form their own label. And Jamal travels further down the road of turning into his father.
9 P.M., FOX

COMEDY

'The Middle'

Sue isn't sure what to do when her roommate doesn't show up on time, so she decides the best thing to do is to pester Frankie and Mike with constant texts.
8 P.M., ABC

TALK SHOWS

'The Late Show with Stephen Colbert'

Colbert meets up with another "Daily Show" alum as John Oliver stops by to pay his respects. Colbert will also be chatting with famed eater, prayer and lover, author Elizabeth Gilbert. **11:35 P.M., CBS**

MOVIE

'Office Space'

You may be past having a case of the Mondays at this point in the week, but that doesn't mean it's not a good time to settle in with the bored and frustrated cubicle warriors of "Office Space" and watch them destroy that printer.
8 P.M., ENCORE

LISA WEIDENFELD

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Aries Don't feel that you have to live up to unattainable standards. Looking good is as much about how you feel as how you look. Stay healthy.

Taurus You will have to make a few concessions. Find an engaging creative outlet and let someone else worry about being entertaining.

Gemini Give your creative projects a personal touch. Artistic or musical expression will provide an important contrast to your routine.

Cancer Your personality and talents are being noted by business contacts. Don't exaggerate your knowledge or qualifications.

Leo It will be up to you to determine who is telling you the truth and who isn't. Consider the motives of someone who is trying to undermine you.

Virgo An opportunity to participate in a social or cultural event is encouraged. A casual acquaintance will provide unusual information.

Libra Lady Luck is with you. Get your friends to help you redecorate or renovate your living space. Offer incentive by hosting a gathering.

Scorpio Love and romance are highlighted. A day trip will have a positive impact on your personal life. Stop being so serious.

Sagittarius Start a new fitness regimen. Sensible eating, moderate exercise and sufficient sleep will provide a change to your look and mood.

Capricorn Get together with friends or relatives and have some fun. A friendly competition will help stimulate you physically and mentally.

Aquarius The people around you will be hard to deal with today. You are best off busying yourself with creative projects.

Pisces Keep an open mind. Make a point to get out and socialize. Talking with friends will give your morale a boost. EUGENIA LAST

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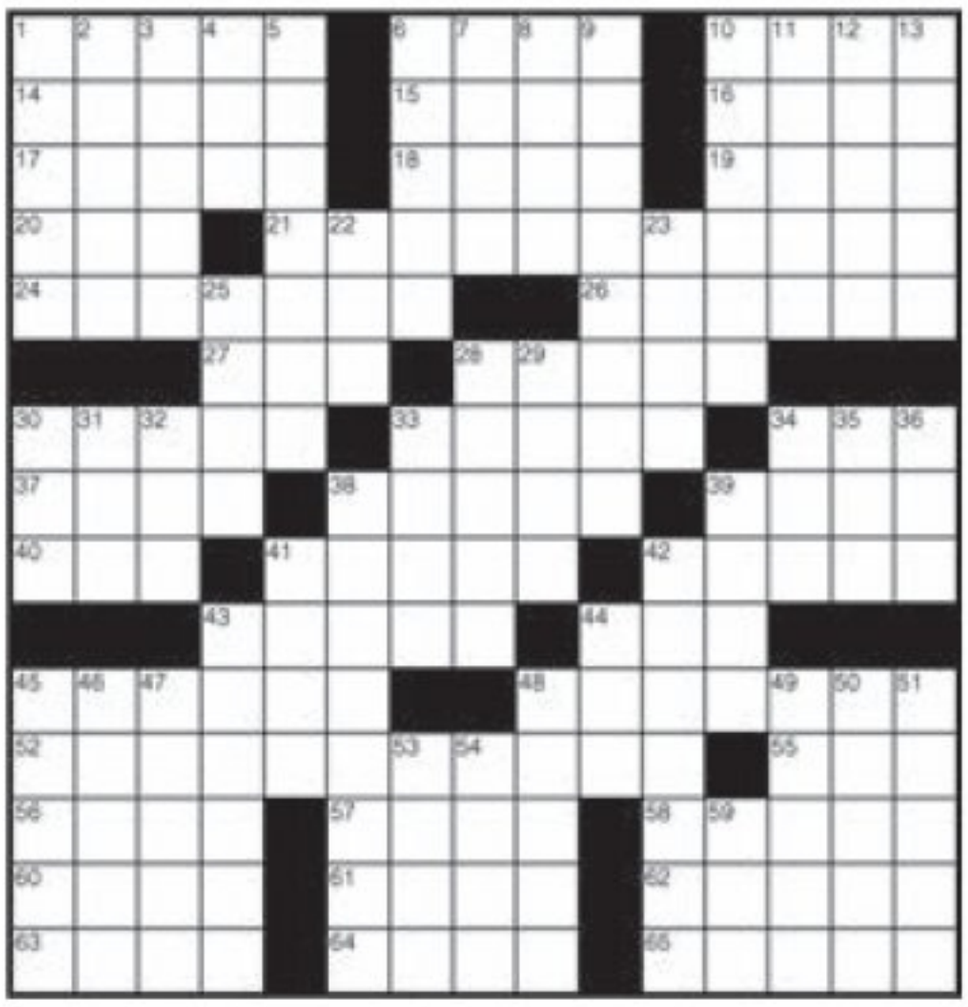

Across

1 Grass cutter
6 Bill, briefly
10 RN assistants
14 Fuming
15 Koh-i — diamond
16 Ambler or Clapton
17 Like a tablet
18 Felipe or Matty
19 Isinglass
20 Fortune
21 One 13 (2 wds.)
24 What Muses do
26 Piano fixers
27 Prior to
28 Signs up
30 "A Boy — Sue"
33 Jabs playfully
34 Howl
37 Disney CEO Bob —
38 Soft drinks
39 Plains state
40 Ewe's plaint
41 Corroded
42 Aleut carving
43 Dijon dads
44 — de cologne
45 Debated
48 Banquet finale
52 Violets, e.g.
55 Chocolate-colored dog
56 Mimicked
57 Footnote word
58 Title role for Madonna
60 Not bogus
61 Baja boy
62 Afterward
63 Urn homophone
64 Pulls down
65 Travels on snow

Down

1 — Vanilli
2 Hunter constellation
3 Wishes for
4 Riviera summer
5 Cardinal
6 Moccasin, maybe
7 Painted tinware
8 Where heather grows
9 Well-behaved convicts
10 Duds
11 Hold dear
12 More accommodating
13 Surveys
22 — you serious?
23 Grayish horses
25 Look intently
28 Nasty shocks
29 Not super
30 Robin's beak
31 Turkish potentate
32 Give — — break
33 Pretend to be
34 Plant sci.
35 Dazzle
36 Candied item
38 Thickening, as cream
39 Debtors' notes
41 Coral formation
42 Loafer doodads
43 Evidence of rain
44 Always, to Whitman
45 Fully conscious
46 Less green
47 Gather after harvest
48 Audition tapes
49 "In" crowd
50 Evaluated
51 Ski lifts (hyph.)
53 Garfield's pal
54 Shoved off
59 — Kilmer of films

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WHAT THE VARIOUS FUNCTIONS ON FACEBOOK MEAN
LIKE
I'm too lazy to comment on what you wrote.
FRIEND REQUEST
CHECK IN
I am at the airport. Going on a holiday. Just wanted to make sure people knew.
POKE

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easy

					6	1	7	8
7			3			4		5
	1		7	5				
						7	8	
2	8						3	6
	3	1						
				4	8		6	
9		8			7			4
3	4	2	9					

hard

5	9				4			6
	7	1		6			8	
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	3			2		1	9	
9			4				3	2

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Before you even begin

You don't need a degree in interior design to create a beautiful room — but you do have to start thinking like an interior designer. "The most important thing is to have a clear idea of what you want the room to look like before you start," says LeBlanc. "That, simply, is how rooms come together."

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home

Love where you live

Fall decor cheat sheet

Nesting season has arrived. Here are cozy, cuddle-up tips that won't break the bank.

MONICA WEYMOUTH
@MetroPhilly
letters@metro.us

If summer is for traveling and winter is for hibernating, fall is for nesting. With the beach house in the rearview and the holidays on the horizon, it's the perfect time to settle in and cozy up your home for the months ahead.

No room in the budget — or the calendar — for an extreme makeover? No problem. We checked in with New England-based designer Tiffany LeBlanc of LeBlanc Design for some quick, easy decor tips that make a big impact for a little cash.

Layer low

Chances are you put a lot of thought into your couch. But the rug? Maybe not so much. "I ask my clients, 'What is your rug doing for you?'" says LeBlanc. "It's a big thing, and yet it's not a big expense." For an autumn vibe, LeBlanc suggests layering a statement-making antique carpet or cowhide over an inexpensive sisal rug. If you're hesitating on the size, go bigger — in LeBlanc's experience, most people underestimate, and the result can feel bare and empty.

Go natural

Before you click over to Amazon, look around your yard and grocery store for fall decor. One of LeBlanc's favorite seasonal tablescapes comes together with a vase full of branches, a

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Now trending

Many of LeBlanc's favorite rooms have what she calls a "farm-to-table" feel. "It's happening in food, and it's happening in decor. It's casual, but it's beautiful," she says. "I use a lot of handmade products because clients are looking for things that are more authentic. There's so much stimulation with iPhones and computers that when they go home, they want to feel something real."

bowl of artichokes and sprigs of lavender, which she turns into napkin holders with the help of twine. Dried beans make the perfect nest for votive candles, while moss provides a rich, textural element to wreaths.

Embrace texture

Nubby pillows and faux-fur throws instantly cozy up a couch. If you're ready to invest in a bigger change, LeBlanc recommends wallpaper. "Wallpaper transforms a room," she says. "A gorgeous grass cloth will give you a rich texture. It feels like a nice little embrace every time you walk in." For an interior designer-approved grass cloth, try the seamless variety from Phillip Jeffries.

Get your glow on

Just because you don't have a fireplace doesn't mean you can't enjoy a festive flicker. For an impromptu mantel, LeBlanc recommends grouping candles in a deep windowsill or up the side of a staircase. To maximize the effect, work in metallics, such as trendy brushed brass, throughout the room.

ISTOCK

Relax already

The rules have changed for entertaining, so there's no need to fret over those mismatched glasses. "It used to be that we were a more formal society, but the idea of feeling proper in the home has changed, and your decor should reflect that," LeBlanc says. "We're using a lot of linens and cottons, not silks — silk doesn't say, 'Come into our home and feel comfortable.'"

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SPORTS

Kicking it

Eagles have new kicker

After a series of injuries to Pro Bowl kicker Cody Parkey this season and offseason, the Eagles decided to place him on the injured reserve. The team's new placekicker is Caleb Sturgis, who most recently kicked for the Dolphins (he was 29-for-37).

NFL power rankings | by Luke Miller

No. 1

Patriots (3-0)

Tom Brady got his 400th (and 401st) touchdown in the rout we all expected. LeGarrette Blount's return gives New England the new offensive weapon they desperately needed. Now the NFL gets the Patriots' bye week it desperately needed.

No. 2

Packers (3-0)

We're only through Week 3 and Green Bay has already handled Seattle and Kansas City, albeit both at home. That's an impressive résumé for anyone, and Aaron Rodgers' five touchdowns Monday night confirm Jordy Nelson's absence isn't slowing down the reigning NFL MVP.

No. 3

Cardinals (3-0)

The Cardinals now lead the NFL in point differential with +77 after just three games. New England is at +49. The Saints, Bears and 49ers aren't exactly murderers' row, but that's still winning by over 25 points on average. With St. Louis and Detroit up next, Arizona might not slow down.

No. 4

Broncos (3-0)

Peyton Manning seems to have found his groove, but the run game in Denver is still abysmal. They've accumulated 171 yards total and 2.6 yards per carry through three games. If they can keep Peyton hot and get the run game going, their defense makes them a force to be reckoned with.

No. 5

Bengals (3-0)

Andy Dalton, clutch quarterback? Having A.J. Green on the other end of the receptions certainly helps. The Bengals are cruising, and with Ben Roethlisberger's injury they have a big chance to build a good lead in the AFC North over the Steelers in the weeks ahead.

No. 6

Seahawks (1-2)

Nothing quite like the Bears to cure an ailing team. Nevertheless, it's a little disconcerting that a team in the Seahawks' position came out as flat in the first half as they did. The seriousness of Marshawn Lynch's injury remains to be seen but they did get Kam Chancellor back.

No. 7

Bills (2-1)

Buffalo and Miami had a pretty even split of hype the past two years as trendy wild-card picks below the eternal division champion Patriots. Not anymore. The Bills rebounded from a tough week against New England with a huge statement, and now the Dolphins are reeling.

No. 8

Falcons (3-0)

The Falcons were the first team to take advantage of injury-ravaged Dallas, but it took them a while to do it. For now, though, they seem to have mastered the art of "throw the ball to Julio Jones until anyone is able to cover him" and that could make them a serious force in the NFC.

No. 9

Panthers (3-0)

We know the Panthers win when Cam Newton gets no help, and on Sunday — when Greg Olsen had eight catches for 132 yards and two touchdowns — we saw what happens when Cam Newton gets some help. (The Panthers win!) So far this season, the Panthers win.

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No. 10

Steelers (2-1)

Timing, eh? One day, when the Steelers play with a full squad, it will be exciting to see what this offense can do. Pittsburgh will miss Big Ben for four to six weeks.

No. 11

Chiefs (1-2)

So far this season, they appear to be what they've been for a couple years under Andy Reid: playoff contenders and a step below the Denvers and Green Bays of the world.

No. 12

Cowboys (2-1)

The long dark begins. We knew it would be tough for Dallas. Brandon Weeden wasn't terrifying, so don't write Dallas out of the NFC East yet.

No. 13

Vikings (2-1)

The Vikings took it to a solid San Diego team, wrapping the game up early enough and pressuring Philip Rivers so much that the Chargers took him out.

No. 14

Jets (2-1)

Wary of Ryan Fitzpatrick's inevitable turnovers they opted to run up the middle the first half. Not a terrible plan when you have Chris Ivory. Of course, the Jets had Bilal Powell.

No. 15

Colts (1-2)

The good news is everyone in the division is 1-2, but this isn't a team where the goal was to get to the playoffs. Turnovers continue to be a problem for Andrew Luck and company.

No. 16

Chargers (1-2)

This was an unusually bad loss for San Diego. The line couldn't establish the run and it couldn't protect Philip Rivers as the Chargers were forced to air it out all game.

No. 17

Rams (1-2)

Todd Gurley's arrival did little to help this anemic offense. The Rams had a golden opportunity when Roethlisberger left the game but still couldn't score a touchdown.

No. 18

Texans (1-2)

Alfred Blue managing to run for 139 yards bodes well for Arian Foster's opportunities once he returns, which could be as early as this week at Atlanta.

Best of the rest

- **19. Raiders (2-1):** Sure it's Cleveland, but the Raiders are winning, and that's more than a lot of the teams can say.
- **20. Giants (1-2):** The Giants finally managed to hold on to a fourth-quarter lead. They better enjoy it, because they may not even get the opportunity against Buffalo next week.
- **21. Eagles (1-2):** Ryan Mathews' success in New York raises questions about DeMarco Murray's inability to get anything going the first two weeks.
- **22. Lions (0-3):** They've played three good teams, and there are certainly teams in the NFL that have looked worse, but their next two opponents are Seattle and Arizona.
- **23. Ravens (0-3):** The defense allowed 458 yards a week after allowing 493 against Oakland.

NFL. Eagles wideouts slow to contribute

Jordan Matthews / GETTY IMAGES

Jordan Matthews has 22 catches for 231 yards — more than respectable for the second-year pass catcher through three games.

But it's more than the Eagles' other receivers combined.

Should the team be concerned?

"When we play our best, the ball is spread around to all the skill players," offensive coordinator Pat Shurmur said.

The team has gotten plenty of production from the running backs in the pass game, with the trio of DeMarco Murray, Ryan Mathews and Darren Sproles combining for 29 receptions, but if the Eagles intend to go vertical at all with an offense that did so routinely during the first two years of Chip Kelly's tenure, they'll need to get guys like Josh Huff and Nelson Agholor involved.

Agholor, the Eagles first-round pick this June, has just four catches in three games.

"Agholor has to keep grinding through it," Shurmur said, comparing his struggles to those of Jordan Matthews in 2014.

He's not wrong. Matthews had just 226 receiving yards in his first four games before tallying 646 in his final ten contests.

Perhaps Agholor will become more of a threat as the season goes along as his mentor Matthews before him. EVAN MACY

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Is it time 76ers fans become optimistic?

NBA. The Sixers have tons of potential, but also a long road to travel until they are competitive in the NBA.

Training camp has officially kicked off for the 76ers.

After 37 combined victories in the past two seasons, the Sixers aren't expected to be drastically better than they were in 2013-14 or 2014-15.

With Joel Embiid out for a second consecutive season, the Sixers are already missing a potential cornerstone of their future.

Still, this is a new season with new circumstances.

Here's a look at three reasons for Sixers fans to have optimism and three reasons to have pessimism. We also take a look at the Philadelphia roster as things get underway at Stockton University in Galloway, New Jersey.

ANDY JASNER
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Even without injured Joel Embiid, the Sixers will boast an intimidating frontcourt with Nerlens Noel and Jahlil Okafor inside. / ALL PHOTOS GETTY IMAGES

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Reasons for optimism

1 The combination of Nerlens Noel and Jahlil Okafor. These two young big men could be around for the next decade and that's what the Sixers are hoping for. Noel steadily improved last season and Okafor was selected with the No. 3 overall pick in the most recent draft. This duo is still young with so much to learn. But there's hope and potential on the front line for the first time in quite a while.

2 Nik Stauskas could wind up being the Sixers' best shooter in years. A former first-round pick of the Sacramento Kings, Stauskas came to the Sixers in an offseason exchange. Sometimes a change of scenery pays huge dividends. Stauskas has all the skills to be a solid player in the NBA. If he can develop with the Sixers, it just may be a steal of a trade and one that boosts the 76ers offense.

3 Robert Covington hit 167 shots from beyond the arc last season. He was also one of the most improved players on the whole roster by the end of the season. Not bad for a relatively unknown player who attended Tennessee State. Covington got better in all aspects from shooting to ball handling to defense. Look for another year of improvement from this young talented forward.

The roster

An NBA roster holds 13 players (12 active and one inactive). The 76ers invited 20 players to camp this week. Here's a look at the locks to make the team and some players with an outside shot at being a Sixer in 2015-16.

- **The locks:** Tony Wroten, Nerlens Noel, Kendall Marshall, Jahlil Okafor, Nik Stauskas, Robert Covington, Hollis Thompson, Carl Landry
- **Likely to be Sixers:** Isaiah Canaan, JaKarr Sampson, Furkan Aldemir, Jerami Grant, Jordan McRae, Pierre Jackson, Scottie Wilbekin
- **An outside shot:** T.J. McConnell, Richaun Holmes, J.P. Tokoto, Christian Wood
- **Likely out for the season:** Joel Embiid
- **Youth movement:** The Sixers training camp roster contains nine rookies and 14 players with one year or less experience. All but one player has less than three seasons of pro ball.

ROBERT COVINGTON

Reasons for pessimism

1 The Sixers don't have a true point guard. Since trading Michael Carter-Williams to the Milwaukee Bucks, it has been a revolving door at the position. Will it be Tony Wroten? Isaiah Canaan? Kendall Marshall? Pierre Jackson? Someone else? So many questions and not a strong answer. Entering a season like this is not ideal. There will be plenty of competition at point guard, but clearly this team needs more.

2 The bench is thin. Toothpick thin. Oh, there will be plenty of training camp battles. But a legitimate bench is lacking. If a member of the starting five suffers an injury or two, the Sixers will be even thinner. A player like Scottie Wilbekin could receive a major opportunity, but building the roster is still very much a work-in-progress.

3 Coach Brett Brown is entering the third year on the sidelines. The first two seasons have been quite challenging. His third season won't be much easier. It's natural to wonder if Brown will be interested in staying put for the long run. It depends on how quickly the Sixers progress. The franchise has put so much time, effort and money into Brown that it would be a shame if he's not the long-term answer. Winning solves a lot of problems, but this team doesn't appear to be headed for many Ws this season.

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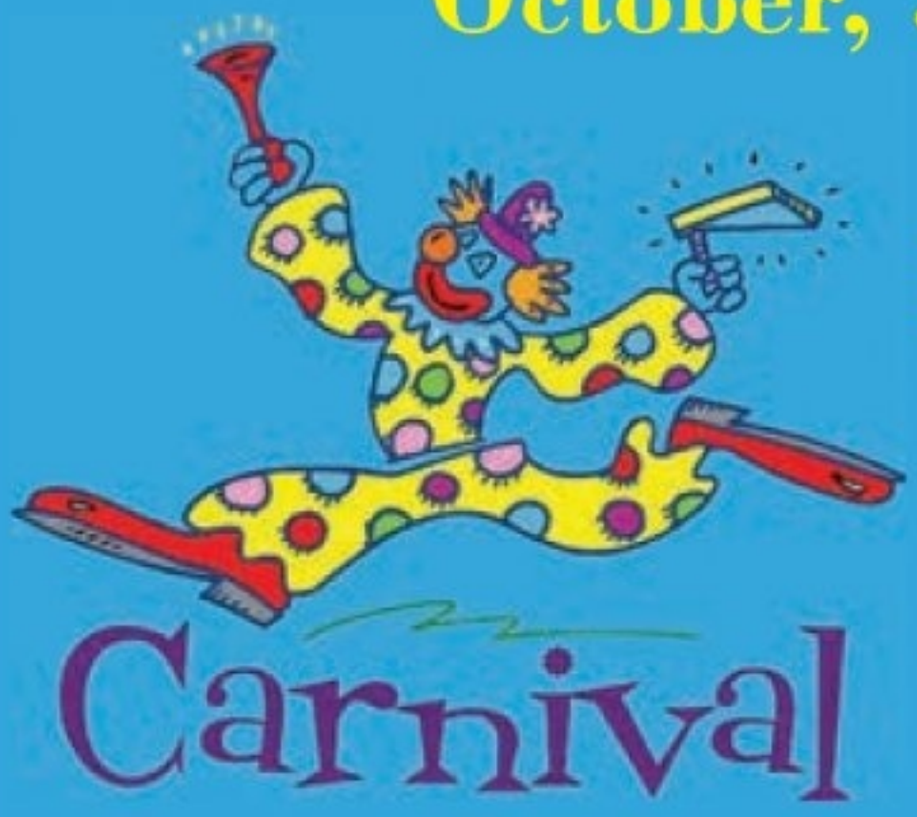

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